



President's Bulletin – September 2018

Nancy Lanphear, MD

Dear SDBP members,

This is my last President's letter. I have appreciated taking the time to connect in this manner and am grateful that many have taken the time to read my words.

Hard to believe that we will be at our annual meeting in one week. We have a record number of registrants for the meeting and our pre-meeting NAPNAP/SDBP workshop registration of more than 80 is very exciting.

Our Program Committee has again worked hard to provide an excellent educational offering. Your attendance at the meeting is validation that we are providing content and a professional home for many. I look forward to seeing all of the new and familiar faces that represent SDBP.

Our success is directly related to engaged energetic members. If you are already involved, THANKS! If you are ready to get involved, search out a committee, section or special interest group and go to their meeting. Come to the business meeting and dinner social to connect. A key function of our society are the professional connections and the friendships that develop. My meeting advice: listen closely, speak up, and say yes.

In parting, our world and work can be stressful and at times overwhelming. As a way to build resilience, one of my strategies for finding meaning and joy in the world is to seek out poetry and share with friends and family. In friendship, I offer you 3 poems that have mattered to me, read by their authors. I hope that you enjoy!

-Canadian poet, Shane Koyczan: check out this site for a poem about bullying called "To This Day" <https://www.youtube.com/watch?v=ltun92DfnPY>

-Mary Oliver's "Wild Geese" https://www.youtube.com/watch?v=lv_4xmh_WtE

-Billy Collins poem "The Lanyard" which gives an image of a child and mother. <https://www.youtube.com/watch?v=0EjB7rB3sWc>

All the best,
Nancy